

# **Quitting Tips and Tricks**

## **Think of Your Reasons for Quitting**

Write down a list of all your reasons for quitting. Make copies and post them wherever you spend time.

## **Set a Quit Date**

When you choose the date you plan to stop smoking for good be sure to give yourself enough time to prepare.

## **Get Rid of All Smoking Evidence**

Clean your home and car. Throw away all ashtrays, lighters and cigarette butts.

## **Develop a Plan**

Identify your smoking patterns and develop strategies to resist the urge to smoke. Determine how you can change your routine to break the association to smoking.

## **Avoid Temptations**

Try to steer clear of people, places and things that make you want to smoke.

## **Sip Cold Water**

Sipping cold water through a straw releases a brain chemical that can help ease negative moods. It also prevents constipation and dehydration as well as helps to flush the nicotine out of the body.

## **Stock up on oral substitutes**

Pick up sugarless gum, carrot sticks, hard candy, mints, cinnamon sticks, coffee stirrers, straws, raisins, sunflower seeds, and/or toothpicks or lollipops to keep your hands and mouth busy.

## **Be Active Every Day**

Exercise offers a distraction from cravings. When your body is active, it sends out natural chemicals that help your mood, improve circulation and reduce your stress.

## **Reward Yourself**

Consider putting aside the money that you would have spent buying cigarettes on a big treat (like a vacation) or several small treats (dinner and a movie or an outfit for yourself).

# Stop Smoking For Life

## **FREE** 6 Week Smoking Cessation Program

At the Frederick County Health Department, 350 Montevue Lane, Frederick, MD 21702

**Morning:** Aug. 7 – Sept. 11 (Wed 10:30 – 11:30 am)

**Afternoon:** Aug. 7 – Sept. 11 (Wed 3:00 – 4:00pm)

### **Class topics include:**

- Nicotine addiction
- Preparing to quit
- Coping with stress
- Coping with withdrawal
- Preventing relapse

**FREE Nicotine  
Patches, Lozenges  
or Gum**

(for participants who obtain  
physician consent)

**Call  
301-600-1755 to  
register**